

In the claims:

1. (currently amended) A method for use by a station capable of communicating via an access point in a wireless communications network via a radio frequency channel, comprising the steps of:

receiving a message from the access point, the message containing information indicative of an amount by which to attenuate transmit power, wherein the information is a transmit backoff level that indicates how far the access point's power has been reduced; and

adjusting transmit power by the indicated amount in response to the information in the message.

2. (cancelled)

3. (currently amended) The method of claim [[2]] 1 wherein the step of adjusting transmit power reduces the station's transmit power relative to maximum transmit power by the transmit backoff level received in the message.

4. (original) The method of claim 3 further comprising the steps of: transmitting messages to other devices in the wireless communications network, the messages including a power backoff level indicative of the amount by which the station's transmit power has been adjusted.

5. (original) A method for use by a station capable of communicating in a wireless communications network via a radio frequency channel, comprising the steps of:

receiving a message from an access point, the message containing a transmit power backoff level that indicates how far the access point's power has been reduced;

adjusting transmit power by setting the station's transmit power to the transmit backoff level received in the message; and

transmitting messages to other devices in the wireless communications network, the messages including a power backoff level indicative of the amount by which the station's transmit power has been adjusted.